**Health Improvement Training**

Organised and run by

**Public Health, Health Improvement Team**

**COURSE INFORMATION**

**HEALTH IMPROVEMENT TRAINING**

The Health Improvement Training was developed by the Bradford Health Improvement Team in response to the needs of the community in terms of nutritional information.

The Health Improvement Training consists of 5 weekly classroom based sessions and provides participants with basic health improvement knowledge on a number of topics including: the eatwell plate; portion sizes; food labelling; fats and sugars; budgeting & menu planning; behaviour change and physical activity for health.

**Tutors**

Each course will be run by two tutors from the Public Health, Health Improvement Team. There will also be a number of guest speakers on each course.

**How long does the course last?**

The course runs one day a week for 5 weeks and starts at 9.30 till 4pm

**Who is the course for?**

The course is aimed at people who may need to provide nutritional advice as part of their role either on a one-to-one basis or in a group setting or with families and individuals in their community settings. The course also provides all the skills to be able to run cook & eat sessions.

**Lesson plan**

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|  | **Health Improvement Training** | **Date & Venue** |
| **Day 1**  **9.30 – 4.00** | Introductions to the course  Background to obesity  NCMP data  Obesity causes and consequences  Eat Well Guide  Energy balance and physical activity  Evidence based messages | 27th April, 2017  Room 104  Sir Henry Mitchell House |
| **Day 2**  **9.30 – 4.00** | Healthy and Unhealthy Fats  Sugar  Portion sizes  Nutrition through the ages & stages | 4th May, 2017  Room 104  Sir Henry Mitchell House |
| **Day 3**  **9.30 – 4.00** | Food labelling  Salt  Budgeting  Meal planning  Eating out guide  Food choices  Cultural, religious and ethical diets | 11th May, 2017  Room 104  Sir Henry Mitchell House |
| **Day 4**  **9.30 – 4.00** | Habits & triggers  Goal setting and rewards  Behaviour change  Nutrition recap  Group presentations on the eatwell guide | 18th May, 2017  Room 104  Sir Henry Mitchell House |
| **Day 5**  **9.30 – 4.00** | Effective group facilitation  Role of a good facilitator  Effective listening skills  Learning Styles  Lesson planning | 25th May, 2017  Room 104  Sir Henry Mitchell House |

You will need to keep this document for your reference throughout the course.

It is important to attend all the sessions; however should you not be able to attend due to illness, or other unavoidable circumstances, please inform the Health Improvement Team: 01274 435387